

Biblical Counseling Foundation (BCF)

LIVING VICTORIOUSLY IN THE BATTLES OF LIFE LEADER'S GUIDE

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Welcome to the ***Living Victoriously in the Battles of Life Leader's Guide***. To shorten the Bible study's name, we will call this course the Living Victoriously Bible Study. If you have not done so, please read the section in the *Living Victoriously in the Battles of Life* student booklet on Page 5 titled **"Why This Study?"** This will provide an overview of the material and describe different ways it can be used.

Beginning with Page L:12, the left side of the guide contains instructions for the leader. The right side (beginning with Page L:13) will be the same as the student's booklet.

NOTE: *The Leader's Guide page numbers begin with the letter "L" (for example, "L:5") and do not have the same page numbers as the student booklet. Beginning on Page L:13, you will notice a number above the page number line in the margin. The number above the line corresponds to the page number in the student booklet.*

Also, answers for all the questions in each lesson are filled in on the appropriate pages of the ***Leader's Guide***. Your students have all the pages that appear on the right side, but without the answers to the fill-in-the blanks.

PREPARING TO LEAD THE LIVING VICTORIOUSLY BIBLE STUDY

- A. You may be using the *Living Victoriously* booklet in the context of a small group or discipleship of one or several individuals. The recommended teaching format for the Living Victoriously Bible Study is for the students to study each lesson at home before you cover the material in the group. You would explain this material during the introductory meeting, at which time you would review the study contents and begin going through Lesson 1 as an example. They would then finish Lesson 1 during the week and you would review the key points from Lesson 1 when you get back together. They would then study Lesson 2 on their own during the next week, and so on. The reason for this format is to help build into your students the regular habits of Bible study, prayer, Scripture memory, and obedience to the Lord. These are the foundations of discipleship. It is possible that some of your students may not do the homework during the week. You should keep encouraging them to do the home study, but not reprove them if they do not. Homework is not evaluated; the goal is to have a deepening relationship with the Lord, and this comes by spending time with Him. The ones who do not do the homework will still be able to follow the key points during the group study. They just may not get the full benefit of the study. So the schedule for the study is as follows:

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	Topic	Homework for subsequent week
First meeting	Introduction and start Lesson 1	Students complete Lesson 1
Second meeting	Review Lesson 1 — Getting Started in Your Faith	Students complete Lesson 2
Third meeting	Review Lesson 2 — What Does the Bible Say about Tests, Temptations, and Problems?	Students complete Lesson 3
Fourth meeting	Review Lesson 3 — The Downward Spiral of Defeat	Students complete Lesson 4
Fifth meeting	Review Lesson 4 — Biblical Hope	Students complete Lesson 5
Sixth meeting	Review Lesson 5 — Biblical Change: Dealing with Problems God's Way	Students complete Lesson 6
Seventh meeting	Review Lesson 6 — Biblical Practice: Your Daily Walk with Christ	No homework

If you are using the Living Victoriously Bible Study for discipleship with one or two individuals, you could use the same format. Ask them to do the study on their own during the week and review the key points when you get together. This procedure should also work well with a larger group or with one-on-one discipleship. You should remember the following points.

1. This is an in-depth Bible study and discipleship course. It will take work. The expectation is that you and your students will become immersed in God's Word, with a commitment to life-application. Stress this point to your students in the very first meeting. It will take time, it will represent a commitment, and you will be challenged. But the rewards will be great as you are open to and obedient to God and His Word.
2. Approach the teaching of each lesson with prayer. The scriptural studies in this course will lead you to understandings that will be in stark contrast to some of today's popular teachings about how to have a fulfilling life. You need to seek the Lord's wisdom and discernment.
3. Read and work through the **Leader's Guide**. Ideally, you should be familiar with the entire course before you teach the first lesson. At a minimum, you need to stay at least one lesson ahead of your students.
4. Determine how the course best fits into your situation. Each lesson will require, on average, a total of about one hour of study outside of the group meeting. Some might require a little more, some a little less. When you get together with your small group or individual(s), it will typically take about an hour to cover the key points.

- B. As you prepare to lead each lesson, consider the following:
1. You should read the *Living Victoriously* booklet pages first, just like your students will be reading the lesson. Also look up each of the referenced Scriptures, just like your students. Then come back and read the **Leader's Notes** for the corresponding lesson. The notes will give you further guidance on which points you should emphasize.
 2. If you run out of time to finish a particular lesson in your time with the students, just indicate to the group that you will continue where you left off in the next lesson. Lessons vary in length, so you may make up time in one of the remaining lessons. Alternatively, if the group wants to go ahead and finish a lesson even though it might mean running a little overtime, you can do that also. But be sensitive to the group's time and what they would prefer to do.
 3. Most leaders will assign one lesson per week (or however often you meet). However, you may take longer, if desired, to go into more depth on a particular topic. Your job as leader will be to review the key points. These will be identified for you in each lesson, but for the most part, you will ask the students to read the referenced Scriptures aloud, state their answers to the questions (in the fill-in-the-blanks), and then read the paragraph following the answer.
 4. Illustrations (usually presented in text boxes) are used to reinforce some of the principles. For these, a good approach is to ask the students to summarize the illustration in their own words. You can prompt them or fill in the gaps, if needed, but often the students will be able to remember the essence of the illustration. If no one can recall the illustration, it would be good to ask someone to read it out loud.

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TWO WAYS TO LEAD THE LIVING VICTORIOUSLY BIBLE STUDY

The *Leader's Guide* gives you two ways to lead this study.

- A. **Option 1 — Provide a complete review of each lesson that the students would have normally completed during the week.** You would have the students read each Scripture reference and the accompanying explanatory paragraphs. You might want to use this approach if most of your students are not getting through their homework the prior week. In effect, you would be leading them through the study as if you were doing the homework together. The approach would simply involve having participants take turns reading each paragraph and Scripture passage aloud, and answering the questions. After the first meeting (first part of Lesson 1), you would not use the special leader's notes for the Option 1 format, since it is very straightforward — you will just be reading the material as if you were all doing your homework together. You could also use this approach if you are discipling another individual — you would just go through the *Living Victoriously* booklet together.
- B. **Option 2 — Use the notes on the left side of the *Leader's Guide* pages.** These notes will guide you in the sections to review, will provide additional questions to pose to your students, and will refer to video segments you can play from the accompanying Living Victoriously DVD to supplement the teaching. The video segments have been selected from the Self-Confrontation DVD series to provide more in-depth understanding of specific Scriptures and the associated

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teaching points. These video segments are between four minutes and eleven minutes in length. In addition, video segments are provided to summarize key points at the end of each lesson. The notes in the **Leader's Guide** will tell you where to play the video segments and how to interact with your group about those segments. This would be the normal way to lead the Living Victoriously Bible Study if most of your students are getting through their homework. Use of the video segments is optional, but instructions are provided as an additional leader resource.

Because you would want your group members to build a habit of daily devotions and Bible study, Option 2 would be a better way to start out, with the expectation that they will study through each lesson at home on their own. However, there may be circumstances where Option 1 works best for you. Although you should start out by choosing one of the above options, you could switch options part way through the study, if necessary. You have the flexibility to do what is best for your group. In the first meeting, you will cover only part of Lesson 1, but will cover it as an example for the students of how they would go through the booklet for their homework. The leader's notes for the first meeting apply to both Option 1 and Option 2. After that, the leader's notes apply only to Option 2.

BEING A SERVANT LEADER FOR THE LIVING VICTORIOUSLY BIBLE STUDY

The Living Victoriously Bible Study is not intended for teaching as a series of class discussions. The focus is not on our opinions but on God's truth. As a leader, you should not ask "What do you think?" but rather "What does God say?" There is a big difference between these two approaches. You should strive to help the students immerse themselves in the Word and not focus on their own opinions. Nor do you want the students to become dependent on you, but on God's Word and the Holy Spirit. Discussions may occur, but they must not focus on the wisdom or opinions of men. Instead, they should focus on finding out what the Lord has to say about each subject.

The emphasis must also be on doing the Word, as described in *James 1:22-25* and other passages. Remaining only a hearer of the Word is a dangerous thing. It leads to the hearer's deluding himself. The homework for each lesson includes assignments that direct the students to put into practice what they are learning. Some of the students may find that much of this material is not new to them. They may have heard many of these Scripture verses before. The important thing is not whether they already know the verses but whether they are putting them into practice. It would be good to ask the students, from time to time, how the course is impacting their lives in specific ways. There will be periodic reminders of this in this **Guide**.

Keep in mind that you may have unbelievers in your group as well as believers. You may also have a wide range of maturity levels among believers. Your love for each one will be demonstrated by the way in which you teach and by your willingness to be a servant. If someone objects to a certain point, gently lead him back to the Scriptures. You should be careful not to get between God and your students. Instead, you should lead them to what God says. This is not to be "my opinion versus your opinion."

BIBLICAL PRINCIPLES FOR INSTRUCTION

Teaching based on biblical principles is very different from secular teaching. The biblical method for teaching is discipleship as exemplified by our Lord Jesus Christ as He trained the disciples and spoke

to the multitudes. Biblical discipleship includes much more than presenting information, “mentoring” (supervising someone in a skill), or “coaching” (helping someone do better in a job). The goal is to conduct the training in such a way that each student not only applies what is being learned, but also has the confidence and encouragement to train others.

With this in mind, please follow carefully the guidelines listed below:

A. Maintain a fervent personal commitment to walk in a manner pleasing to the Lord

(Colossians 1:10).

As a leader, you have a great privilege and responsibility *(based on Matthew 28:19-20)* and are under stricter judgment before the Lord *(James 3:1)*. Serving effectively requires that you:

1. Concentrate on glorifying God, not on gaining credit or praise for self *(based on Matthew 5:16; Galatians 1:10-11; Colossians 3:17, 23-24)*.
2. Rely on the guidance and empowering of the Holy Spirit for your instruction and for results in the students' lives *(based on Colossians 1:11; II Timothy 1:14; I John 2:20, 27)*. Keep in mind that you are totally inadequate in yourself, but that your adequacy is in the Lord *(II Corinthians 3:5-6)*.
3. Live as an example, thus demonstrating the life of a true disciple of Jesus Christ *(based on I Timothy 4:12; I Peter 2:21)*.
4. Continually examine (judge) yourself honestly and faithfully, and correct biblically any sinful practices in your life *(based on Psalm 139:23-24; Matthew 7:1-5; I Corinthians 10:12; 11:28; Galatians 6:4)*.

B. Base your teaching solely on the Scriptures.

Always point to the Lord and His Scriptures as the standard, authority, and hope.

1. As you prepare to teach, focus on the study of foundational and key Scripture passages (as given in these notes) so that you can explain them well. Make sure that the Bible is your primary text. Concentrate your instruction primarily on explanation of the biblical principles and Scripture references that are highlighted (marked in **boldface** print) in each lesson of these notes *(based on Isaiah 55:8-11; Colossians 3:16; II Timothy 3:16-17; Hebrews 4:12)*.

When explaining each Scripture passage, be sure to teach it in its context *(based on II Timothy 2:15; Titus 2:1)*.

2. Do not seek to be an authority in the lives of your students. Refrain from giving your own (or the world's) knowledge, experience, or opinions.

Be careful about giving your personal testimony. Use your testimony to encourage the students, but not as a specific example of how they are to face and deal with their lives.

Avoid using phrases such as “I think,” “I believe,” and “I feel” because they focus on the speaker's authority. Also, avoid words that invite arguments. For example, when you say, “I disagree with you,” you are implying, “I have an opinion and you have an opinion, and you are wrong.” Your authority is to be the Scripture alone *(based on Deuteronomy 4:2; Proverbs 30:5-6; II Peter 1:20-21)*.

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3. Exercise care not to present private interpretations, views, or theological positions not held generally by believers. Remember that you are preparing the students to go anywhere in the world to make disciples. It is important that your students do not distract those they are discipling by presenting issues that divide (*based on Ephesians 4:3*).

C. Be a servant to those you instruct.

Always look to the Lord Jesus Christ as the primary example of servant-teacher (*based on I Peter 2:21*).

1. You are to exhibit a humble and gentle spirit — not a dominant or overbearing spirit — even in matters of disagreement or challenges to the instruction. Whether students ask questions from ignorance or a desire to dispute, treat the students as more important than yourself (*based on Matthew 20:25-28; John 13:13-17; I Corinthians 9:19; II Corinthians 8:3-6; Philippians 2:3-8; Colossians 4:6; I Thessalonians 2:3-9; II Timothy 2:24-25*).
2. Labor out of love, not out of greed (*based on I Corinthians 9:7-11; Philippians 1:9-11, 15-16, 21-26; I Thessalonians 2:5-12; I Timothy 1:5*).

D. Practice biblical discipleship.

Teach with the view that the students will be teaching others also (*Matthew 28:19-20; II Timothy 2:2*).

1. Provide the greatest opportunity for students to learn through participation by:
 - a. Inviting them to read aloud as much as possible. Then you, as the leader, can repeat important points for emphasis.
 - b. Responding to questions as follows:
 - 1) Carefully listen to each question and repeat it to insure that everyone has heard it and that you understand it.
 - 2) Answer the question based on biblical principles. A good way to insure this is by broadening the answer to address the biblical principles involved, and not merely addressing an isolated, specific incident or detail. Remember that answering questions is profitable only if the whole group gains from the answer.
2. Help the students prepare their *Living Victoriously* booklets and their Bibles for their own study and for teaching others in the future.
 - a. Ask the students to highlight important words and phrases in the *Living Victoriously* booklet as you are teaching.
 - b. Each time you reach a point in the class where the Scriptures are to be read aloud, proceed in the following way:
 - 1) Help the students locate the Scripture reference in the *Living Victoriously* booklet.
 - 2) Remind them to highlight (or underline) the Scripture reference in the booklet.
 - 3) Ask all the students to turn to the passage in their Bibles. Wait for all to find the passage and repeat the reference once or twice as appropriate. If you call upon someone before asking everyone to turn to the passage, those that are relatively

unfamiliar with the Bible may not make the effort to find the passage. You should encourage the students, in every way possible, to become familiar with their Bibles.

NOTE: *You should also make sure that everyone is on the proper page of the student booklet before reading any portion of the booklet.*

Teachers of this material often remark that it is they who receive the greatest blessing. Often they find themselves challenged and convicted in their own lives even beyond what the students learn. May the Lord greatly bless you and use you as you study His Word and disciple others.

INTRODUCTORY MEETING

- Welcome the students. Ask them to introduce themselves and state how they decided to come to the Bible study. Then, open in prayer.
- Make sure that each student has his or her copy of the Bible and the *Living Victoriously in the Battles of Life* student booklet.
- Turn in your **Leader's Guide** to **Page L:12 (Leader's notes for Page 5 of the student booklet)** and ask the students to turn to **WHY THIS STUDY?** on Page 5 of their booklet.

WHY THIS STUDY?

Leader's notes for Page 5 of the student booklet

- Ask a student to read the first paragraph on Page 5, beginning with *"Living Victoriously in the Battles of Life"* Explain that this is a discipleship course and, therefore, helpful both for new believers and for those who have been believers for some time but have not studied what the Bible says about how to live victoriously in the midst of the tests and temptations of life. Also state: **"This study is an excellent tool for you to use when you disciple someone else."**
- Ask a student to read the second paragraph on Page 5, beginning with "Tests and temptations"
- Ask the students to highlight or underline *Hebrews 5:14*. Mention to the students that it will be beneficial for them to highlight in their booklet every reference to the Scripture passages that are read out loud during class. That way they will be reminded to emphasize those Scriptures when they disciple someone else. After everyone finds the passage ask someone to read it. Then state:

"Intellectually understanding all the biblical truths in this course will not produce maturity. What is it that produces maturity?" (Answer: The personal practice of the biblical truths)

- Ask a student to read the next paragraph, beginning with "This study can be used ..." including the three bullet points. State that the purpose of the Bible study is to help equip believers to face, deal with, and endure the tests and temptations of life, in the power of the Holy Spirit.
- Ask a student to read the paragraph after the bullet items on Page 5, beginning with "There is a great contrast between"
- Ask the students to highlight or underline *Isaiah 55:8-9, 11*. After everyone finds the passage ask someone to read it.
- Mention that you will be using the Bible as the only authoritative source for this study. State:
"Since the Bible is the primary teaching source for God's commandments and precepts, it is important to use a literal translation of the Bible. In a literal translation, the authors attempt to preserve the word usage as found in the original Greek and Hebrew writings. On the other hand, the author of a paraphrase of the Bible attempts to express the meaning in 'plain language' — essentially the words the author of the paraphrase would use to say the same thing. While a paraphrase of the Bible may be useful as an expansion or supplemental study tool, it is important to memorize and understand the Bible in its most literal form. Because paraphrases are not translations, but interpretations, they may focus on man's insights rather than God's truth at certain points. When you study for your own benefit or to minister to others, it is important that you remain as faithful as possible to God's Word. You don't need to go out and buy a new Bible, but if you have more than one Bible at home, it is best to use a literal translation for this study. The preface to the Bible will usually tell you whether it is a translation or a paraphrase."
- Provide an overview of the *Living Victoriously* booklet. State:
"Notice in the middle of the page is a list of topics for the six lessons that we will be studying." *NOTE: At this point you may wish to play the introduction segment of the accompanying DVD. It is accessible from the main menu.*

Living Victoriously in the Battles of Life is a life-application Bible study about how Christians can be victorious in the daily battles and struggles of life. The study can be used in conjunction with or in follow-up to other Bible studies that focus on Christian growth and discipleship. Its purpose is to help equip believers to face, deal with, and endure the tests and temptations of life, in the power of the Holy Spirit. Although this study is designed for use by even new believers, all believers will benefit from it.

Tests and temptations do not go away once we become a believer. In fact, problems may even intensify. God, in His love, continues to use trials to help us grow and mature spiritually – to take in the “solid food” of His Word (*Hebrews 5:14*). God provides great hope and instruction for us in His Word about living victoriously even when life is difficult. The spiritual fruit of this study will come by both learning these principles and by putting them into practice.

This study can be used in several ways:

- In your own personal devotions and Bible study;
- To help a friend by going through the biblical principles together; or
- As a small group Bible study or Sunday school class.

There is a great contrast between man’s way and God’s way of dealing with problems. God says in *Isaiah 55:8-9* that His ways are much higher than our ways. *Verse 11* describes the power of God’s Word to accomplish His purposes. We will see in this study that the difference between the world’s view and God’s truth is dramatic, and God has provided some tremendous resources for us to be overwhelming conquerors over our problems, even when there appears to be little hope.

The study covers the following topics:

- Lesson 1: Getting started in your faith;
- Lesson 2: What does the Bible say about tests, temptations, and problems?;
- Lesson 3: The downward spiral of defeat;
- Lesson 4: Biblical hope;
- Lesson 5: Biblical change: dealing with problems God’s way; and
- Lesson 6: Biblical practice: your daily walk with Christ.

God has much more practical guidance in His Word about facing, dealing with, and enduring the trials of life than many Christians realize. This study will help you learn and apply these principles and prepare you to help others. As you go through this study, you will see that there are questions, Bible passages to look up, and spaces for you to fill in the answers. If you are not sure of some of the answers, you can look up the answers for most questions in the back of this booklet. Just refer to the corresponding lesson number and question number. If you are going through this study as a group, your group leader may be able to help you as well. You can do part of a lesson each day until you’re done.

If you are going through the study on your own, you can go at your own pace. The lessons are designed so that you can go through them in a week with no more than about 15 minutes per day.

WHY THIS STUDY?

“As you can see from the lesson titles, the *Living Victoriously* booklet is a personal life-application study of God’s Word. The Bible is the source of truth, not the booklet. But the booklet is designed to guide you through biblical principles that are fundamental to living the kind of victorious, contented life God intended for His children, regardless of the circumstances. It will always direct you to God’s Word, not man’s opinion.

“Also, each lesson has blank portions to complete, based on passages from the Bible. This is part of what you might call your homework. After you do your homework, you can check your work with the answers beginning on Page 47 of the booklet.” (Pause while they find the answers to the questions.) **“But the most important part of the study is your ‘doing the Word,’ applying the principles to your own life. That is where meaningful, lasting change will come.”**

- Turn in your ***Leader’s Guide*** to Page L:16, **Leader’s notes for Page 7 of the student booklet** and tell the students to turn to **Lesson 1** on Page 7 of their booklet. Tell them that you will start going through the lesson as an example of how they will continue through the lesson at home.

NOTE: *You will lead through Lesson 1 as time allows, and then the students will complete the lesson at home. You probably will not want to go much beyond the completion of Section B. Assurance of your salvation, so that you leave enough for them to do at home.*

WHY THIS STUDY?

Some lessons are a little longer than others. But you can do more or less, depending on the time you have. This is meant to get you started in a life-long practice of studying the Word of God on a regular basis. May the Lord bless you as you learn and apply His Word.

Sample

GETTING STARTED IN YOUR FAITH

Leader's notes for Page 7 of the student booklet

- You can say to the students:
"We will be reading the paragraphs, looking up Bible verses, and answering questions just like you would if you were doing it on your own. We will get started, then, you can finish Lesson 1 at home. When we get back together next time, we will review the key points."
- Ask a student to read the first two paragraphs on Page 7 beginning with "This short-course is about ..." through "... demonstration of victorious living."
- Then, you can say:
"Isn't it interesting that most of Jesus' teaching concentrated on preparing His followers to face, deal with, and endure the battles of life. He was training them to be soldiers in an unfriendly world. This is so important for us that we will spend all of Lesson 2 on this subject."
- Read the third and fourth paragraphs beginning with "But before beginning our study ..." through "... God's Word to memory."
- State to the students:
"Even though Lesson 1 is about 'Getting Started in Your Faith,' those of us who have been believers for a long time will benefit from this refresher and will be better equipped to help someone else who is young in the faith. We always need to be ready to come along side someone else to help them with the foundations of their faith and with how to live victoriously in the battles of life that inevitably come. In the process, we usually find that the Holy Spirit convicts and directs all of us, regardless of our age in Christ."
- Ask a student to read the first two paragraphs under A. The Bible, beginning with "God has revealed ..." through "... let's get started."
- Ask the students to highlight or underline **John 20:30-31** and then help them to find the passage in their Bibles. After everyone has found the passage, ask someone to read it and Question 1. Let the students know that when you refer to a question number, you are referring to the blank that is to be filled in. The question is usually right above the blank.
- Ask for someone to answer Question 1. Then give them time to fill in the blank in their booklet.

GETTING STARTED IN YOUR FAITH

This short-course is about Christians living victoriously in the daily battles and struggles of life. It is also about how to come alongside others and help them through those challenging times. This training shows believers how to become firmly grounded in their faith and to demonstrate the fruit of the Spirit (*Galatians 5:22, 23*) in even the most difficult of circumstances. This is supernatural living, and it would not be possible without the resources that the Lord has provided to us as believers. This course will help you learn what those resources are, how to apply them in overcoming the daily problems of life, and how to encourage others to do the same.

Jesus was very specific with His disciples about the challenges of life. He didn't tell the disciples that their problems would go away if they followed Him. Instead, He warned them that difficult times would come, and He prepared them for the battles they would face as His followers. He told them what they would face, showed them how to deal victoriously with those trials, and was Himself the ultimate demonstration of victorious living.

But before beginning our study of the battles of life and how to live victoriously in them, we need to make sure we are all starting on a solid foundation. You may be very familiar with these fundamentals of the Christian life, but it is always good to go back through them again. This foundation is critical for all believers, both young and old in the Lord.

Becoming a believer in Jesus Christ is the greatest and most life-changing decision a person can make. If you have made that decision, you have been born into God's family. Just as in a physical family, a new member of God's spiritual family should expect to grow. This lesson is about several important areas of your Christian life: reading the Bible (God's communication to us), assurance of your salvation, the Holy Spirit, prayer (our communication with God), fellowship with other believers, and committing God's Word to memory.

A. The Bible

God has revealed Himself to you through the Bible, and reading the Bible is one of the main ways you can get to know Him. You will be amazed at how practical the Bible is for your life today, even though it was written several thousand years ago.

Even if you are not familiar with the Bible, with a little direction you can find your way around easily. Each of the books of the Bible is divided into "chapters" and "verses." You can locate a book of the Bible by going to the table of contents near the front to find the page where each book starts. Frequently, There are two lists of books in the table of contents, one for the Old Testament and one for the New Testament. So when we refer to *John 3:16*, for example, that just means the Gospel according to John (in the New Testament), Chapter 3, Verse 16. So let's get started.

Read *John 20:30-31*. What was God's purpose for you in directing John to write down the events in his Gospel?

1. So that I may believe that Jesus is the Christ, the Son of God; and that believing
I may have life in His name.

WHERE TO FIND BIBLICAL REFERENCES TO SPECIFIC PROBLEM AREAS

Some key passages of Scripture to help with possible problem areas:

Proverbs Chapters 15 and 18

Romans Chapters 12 - 14

I Corinthians 13:4-8a

Ephesians 4:22 - 6:9

Colossians Chapter 3

I Peter 2:11 - 3:17

A sample set of problem areas:

Scripture references containing biblical principles, “put-offs,” and “put-ons” for these problem areas can be found in the indicated lessons of the **Self-Confrontation** manual. In some of the referenced lessons, the problem area may not be specifically listed, but the biblical principles and biblical references will apply.

Anger — Lesson 11

Bitterness — Lesson 11

Communication, sinful (lying, slander, arguing, cursing) — Lesson 13

Contentment, lack of — Lesson 6

Envy, jealousy, covetousness, greed — Lessons 9 and 10

Depression (despair, lack of fulfillment of responsibilities, total inactivity) — Lesson 18

Drug abuse — Lessons 20 and 21

Drunkenness — Lessons 20 and 21

Eating problems (overeating; starving self, called “anorexia;” or binging on food and purging self, called “bulimia”) — Lessons 9, 10, 20, and 21

Fear (including “panic attacks”) — Lesson 19

Gambling — Lessons 20 and 21

Grief focused on self — Lessons 9, 10, 20 and 21

Lust — Lessons 9, 10, 20-21

Marriage problems — Lessons 14 and 15

Parent-child problems — Lessons 16 and 17

Reconciliation problems — Lessons 12 and 13

Relationship problems (marriage, relative, acquaintances, etc.) — Lessons 12-17, 20 and 21

Satanic influences — Lessons 20 and 21

Self-belittlement — Lessons 9 and 10

Self-exaltation — Lessons 9 and 10

Self-pity — Lessons 9 and 10

Sexual sins (adultery, fornication, homosexuality, pornography) — Lessons 20 and 21

Stealing (covetousness) — Lessons 9 and 10

Stewardship problems (body, time, material goods, abilities) — Lesson 10

Unforgiveness — Lesson 12

Worry (anxiety) — Lesson 19

BIBLE STUDY AND APPLICATION FORMAT

BIBLE STUDY AND APPLICATION FORMAT

Sin pattern that I need to change

Biblical Reference

Teaching — What is the commandment or principle?

Reproof — What do I need to lay aside or put-off?

Correction — What do I need to start doing or put-on?

Training in Righteousness — What is my specific plan? (*How* will I do what God commands me to do?)

BIBLICAL PRACTICE: YOUR DAILY WALK WITH CHRIST

Optional Closing Group Exercise, time permitting —

NOTE: *If you do not have enough time to conduct this exercise during the lesson, you might want to conduct a separate meeting which would include this exercise and a time for testimonies.*

- State: **“We are now going to conduct an exercise that applies the BIBLE STUDY AND APPLICATION FORMAT to a hypothetical situation involving an anger problem. The temptation to anger is one of the most common problems people experience.”**
- At this point, distribute a copy of Supplement A from the **Leader's Guide** to each student. Explain that this form contains the same information as in Supplement 2 of their booklet, except that it has an additional section entitled “Sin pattern that I need to change.” In other words, it focuses on a particular pattern of sin which may be addressed in several Scripture passages, rather than just one passage as is the focus in a general Bible study
- You as the group leader should read the hypothetical scenario to the students. **NOTE:** *The hypothetical scenario is provided at the bottom of the Leader's Guide Supplement A.*
- Invite the students to fill in the section entitled **“Sin pattern that I need to change”** with “Anger with my family members.”
- Ask the group the following questions (give them time to think about their answers and write down what they come up with in the appropriate section):

SCENARIO FOR CLOSING GROUP EXERCISE

BIBLE STUDY AND APPLICATION FORMAT

Sin pattern that I need to change

Biblical Reference

Teaching — What is the commandment or principle?

Reproof — What do I need to lay aside or put-off?

Correction — What do I need to start doing or put-on?

Training in Righteousness — What is my specific plan? (*How* will I do what God commands me to do?)

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HYPOTHETICAL SCENARIO

A husband comes home from work and is consistently angry. He doesn't like his job or people at his job. The kids are not cooperating when he gets home. So he just lets his mouth go, yelling at his wife and children, slamming doors at times, and being in a bad mood overall. But he is a believer, and has agreed to do a Bible study on the subject. He recognizes that he has an anger problem, and it is the task of this group to help him study through it. The approach is not to be based on opinion, but on the Scriptures.

BIBLICAL PRACTICE: YOUR DAILY WALK WITH CHRIST

- **“How do you find the appropriate Scripture passage to use as your guide?”**
Answer: “Turn to Supplement 1 of your booklet and find a passage that deals with anger.”
Pause while the students find the page, then state: **“There are several passages dealing with the subject of anger, but to save time let’s use *Ephesians 4:31-32* for an example of a passage that mentions ‘put-offs’ and ‘put-ons’ about the husband’s problem.”**
Pause while the students find the passage. Then state: **“So, write that reference at the top of your form in the BIBLICAL REFERENCE section of your form.”**
- **“What should you write in the TEACHING section?”** Answer: “Looking at the passage identified in the **BIBLICAL REFERENCE** section, write, ‘Put away bitterness, wrath, anger, clamor, slander, malice, but instead be kind, tenderhearted, and forgive.’” Pause while students write.
- **“In the REPROOF section, what should be written down as the husband’s failures, concerning his anger?”** Answer: “Speaking before considering others, speaking harshly, slamming doors, and scowling — all demonstrations of anger.” Then state: **“Remember that sin can be in thoughts, words, and actions.”** Pause while students write.
- **“In the CORRECTION section, what should be written down?”** Answer: “Show kindness by listening to the others and thinking first, then speaking in a kind, tender-hearted way, forgive others and ask forgiveness for sins committed.” Pause while students write.
- **“In the TRAINING IN RIGHTEOUSNESS section, what can you think of that would constitute a specific plan for change?”** (These would be things that are tied to the “put-ons.”) Answer: “Examples might include deliberately thinking, before he even gets home, of ways he can be kind to his family and praying for guidance and reviewing his plan. When arriving home, greeting the family cheerfully and asking them how their day went and asking questions about the details to show interest in their welfare. When there is an argument, immediately investigating the situation by asking questions that are aimed at getting facts only, not opinions and not voicing my conclusions until everyone involved has presented the facts as they understand them; inviting the family to conduct a Bible study on the subject of anger during family devotions.”
- Distribute Supplement B of the *Leader’s Guide* to the students and explain that they can use this as an example of a completed **BIBLE STUDY AND APPLICATION FORMAT**.
- Explain to the students that this is a very basic structure for applying biblical principles to problem areas. It is intended as a very general overview of an approach that is based on the Scriptures. The remaining portions of this study describe how more study of these subjects can be obtained.
- If you have time, invite volunteers to give testimonies of how the Lord has used the course in their lives and what changes they recognized need to be made.
- Close in prayer.

SAMPLE BIBLE STUDY AND APPLICATION FORMAT

BIBLE STUDY AND APPLICATION FORMAT

Sin pattern that I need to change

Anger with my family members

Biblical Reference

Ephesians 4:31-32

Teaching — What is the commandment or principle?

Put away bitterness, wrath, anger, clamor, slander, malice, but instead be kind, tenderhearted, and forgive.

Reproof — What do I need to lay aside or put-off?

Speaking before considering others, speaking harshly, slamming doors, and scowling

Correction — What do I need to start doing or put-on?

Show kindness by listening to the others and thinking first, then speaking in a kind, tender-hearted way, forgive others and ask forgiveness for sins committed.

Training in Righteousness — What is my specific plan? (*How* will I do what God commands me to do?)

I will deliberately think, before I even get home, of ways I can be kind to my family.

I will pray for guidance and review my plan.

When arriving home, I will greet the family cheerfully and ask them how their day went and ask questions about the details to show interest in their welfare.

When there is an argument, I will immediately investigate the situation by asking questions that are aimed at getting facts only, not opinions and not voicing my conclusions until everyone involved has presented the facts as they understand them.

I will invite the family to help me with my anger problem and ask them to join me in conducting a Bible study on the subject of anger during family devotions.